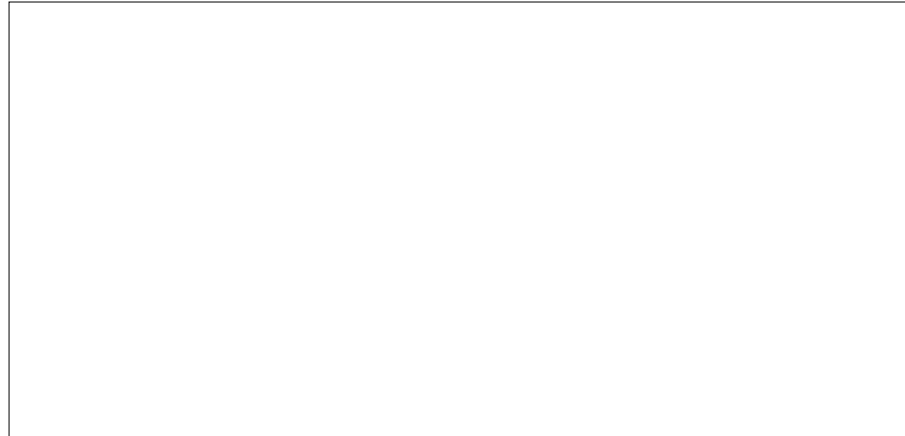




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

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**Administrative Team:**  
Executive Director: Christina James  
Business Office Director: Stacy Boydston  
Wellness Director: Elena Vrinceanu  
Registered Nurse: Linda Hall  
Dietary Director: Dana Whitney  
Maintenance Director: Blake Leech  
Front Office: Jen Morgan & Kathy James  
Life Enrichment Director: Allie Kester  
Community Relations Director: Morgan Brooks

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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

# La Conner Retirement Inn News

October 2021 Newsletter



2 Physical Therapy Benefits  
3 Team & Resident Spotlight  
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6 Highlights, Notes, In Our Words  
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# Physical Therapy for Improved Quality of Life

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.*

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

## 5 Potential Physical Therapy Benefits

**Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

**Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



**Did you know?** There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

**Management of Issues with Diabetes:** Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

**Management of Issues As We Age:** Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

**Strengthening After a Stroke:** Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

# Special Moments



# Happy Birthday!

**Andrew: Oct. 13**  
**Joanne: Oct. 25**

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!





# October 2021 Highlights

**October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!**

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

**"I wish that every day was Saturday and every month was October." - Charmaine J. Forde**

**Regarding Covid-19:** Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

## October 14 is Dessert Day!

**Our residents and staff shared their favorites!**

**"Apple pie with ice cream" - Elaine C**

**"Pumpkin pie" - Barbara H**

**"Chocolate chip cookies" - Janet**

**"Dutch apple pie" - Christina**

**"Chocolate cake with chocolate icing" - Mike E**

**"Homemade ice-cream" - Glenda**

**"Crème brulee" - Elena**



## Staff Spotlight: Clemens

Clemens is a Caregiver who has worked here for several months. He has a great work ethic and is outstanding with our residents. He was born in Bellevue, Washington, and his family moved shortly after to Chicago for 13 years. He came back to Washington and graduated from Woodinville High School, then went to community college and worked. His dream is to become a police officer. Clemens is engaged to the love of his life, Inga, and she resides in Norway. They hope to be married in the spring of 2022. His hobbies are reading and going to museums. Thank you for all you do here at the Inn, Clemens!



## Resident Spotlight: Carol

Carol was born in Oakland California. She went through school in Berkeley and graduated from Berkeley High. Carol's family let a service man come stay with them, who Carol ended up marrying three years later. Before marriage, Carol and her friends traveled to every state capital in the United States and waiting there at each one was a love letter from her soon-to-be husband. Carol still has the love letters to this day. Carol hobbies are dogs, bingo and baking pies. Carol has made many friends here at the Inn.

We are happy you here, Carol!



OCTOBER 2021						
La Conner Retirement Inn • 204 N 1ST Street La Conner, WA 98257 • 360-466-5700						
SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.					1 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage	2 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Board Games 3:00 Movie 4:00 Funny Animals
3 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Travel w/ Rick Steves 2:00 Bingo 3:45 Trivia	4 9:30 Travel 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 PO-KE-NO 3:45 Funny Animals	5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Book Club 2:00 Mexican Train 4:00 Travel	6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Trip to Market 2:00 Bridge 3:00 Board Games	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Stone Soup Lectures 1:00 Bible Study 1:30 Chat with Allie 2:00 Mexican Train 3:00 Travel	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage	9 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Board Games 3:00 Movie 4:00 Funny Animals
10 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Travel w/ Rick Steves 2:00 Bingo 3:45 Trivia	11 9:30 Travel 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 PO-KE-NO 3:45 Funny Animals	12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident council 2:00 Mexican Train 3:00 Resident Birthday's 4:00 Funny Videos	13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Crafts 2:00 Bridge 3:00 Board Games	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Stone Soup Lectures 1:00 All about Hearing 1:00 Bible Study 2:00 Mexican Train 3:00 Travel	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage	16 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Board Games 3:00 Movie 4:00 Funny Animals
17 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Travel w/ Rick Steves 2:00 Bingo 3:45 Trivia	18 9:30 Travel 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 PO-KE-NO 3:45 Funny Animals	19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 2:00 Book Club 4:00 Travel	20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Trip to Market 2:00 Bridge 3:00 Board Games	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Stone Soup Lectures 1:00 Bible Study 1:30 Mystery Drive 2:00 Mexican Train 3:00 Travel	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage	23 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Board Games 3:00 Movie 4:00 Funny Animals
24 9:30 Animal 10:00 Happy Hearts 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Trivia	31 Halloween 9:30 Animal 10:00 Happy Hearts 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Trivia	25 9:30 Travel 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 PO-KE-NO 3:45 Funny Animals	26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 2:00 Book Club 4:00 Travel	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Crafts 2:00 Bridge 3:00 Board Games	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Stone Soup Lectures 1:00 Bible Study 2:00 Mexican Train 3:00 Travel	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage
						30 9:30 Animal Webcam 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Board Games 3:00 Movie 4:00 Funny Animals